

Fall 2011 Branch Site Class Schedule

Core Conditioning

- Mondays & Wednesdays
- 9:30am
- Location: Boys/Girls Club
- Instructor: Chris Hicks
- Great for all ages. Gain core strength

Drawing with the Right Side of your Brain

- Wednesdays
- Time: 10:00 a.m. - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Beginning drawing class

Lap Swimming

- M-F
- Time: 12:30 - 1:00pm
- Location: Dobyns-Bennett pool
- No instructor, lap swimming

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

Line Dance - Intermediate

- Mondays
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES.

Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

Private Personal training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Private Personal training with Tony

- Call for appointment ~ 423-9630653
- Call for Prices
- Instructor: Tony Mays

Artist and Crafters Monthly Breakfast

*See page 6 Travel and Special Events

Strength Training

- Tuesdays & Thursdays
- Time: 9:00 a.m.
- Location: Lynn View Community Center
- Instructor: Chris Hicks

Tai-Chi (Beginning Level)

- Mondays & Wednesdays
- Time: 9:45am - 10:45am
- Location: First Broad Street UMC
- Cost: \$15, pay before first class. Lasts 12 weeks.
- Instructor: Hang Lei
- Ancient Chinese deep breathing exercise
- *Must be a Senior Center member*

Yoga

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Zumba Fitness

- Tuesdays & Fridays
- Time: 10:45 am
- Location: Lynn View Community Center
- Instructor: Brooke Taylor
- Minimum of 8 students required

Total Body Workout

- Mondays & Wednesdays
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

Couponing Group

- Ongoing
- No FEE
- Instructor/ Group Leader: Marlana Williams
- Location: Lynn View Branch Site
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month/ Beginning October 10th 5:30 p.m.
- Intergenerational/ do not have to be a member to attend couponing group.

Game Day

- 3rd Tuesday of Month (Sept 20)
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: Nina Ketron
- Sequence and variety of board games



Exercise Room at Lynn View



Branch site at First Broad Street United Methodist Church



Lynn View Branch Site



Boys and Girls Club Branch Site

Kingsport Adult Education

CLASSES BEGIN THE WEEK OF SEPTEMBER 12-16 UNLESS OTHERWISE NOTED.

Kingsport Adult education classes are administered by The Kingsport Senior Center.
For more information or to sign up for a class, please Call 423-392-8400

All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.

JOB SKILLS

Beginning Computer Literacy

- 6 Weeks (Beginning October 10th)
- Fee \$70 Mondays 6:00pm - 8:00pm
- Instructor: TBA
- Tuesdays 6:00 - 8:00pm Begins
- Location: Computer Lab, Lynn View CC

2008 National Electric Code (Commercial)

- 8 Weeks (Beginning September 12)
- Fee: \$70
- Mondays 6:00 - 8:00pm
- Instructor: Chris Ferrell, Electrical Inspector
- Location: Renaissance Center Cafeteria

2008 National Electric Code (Residential)

- 8 Weeks (Begins January 23rd)
- Fee \$70
- Mondays 6:00-8:00 p.m.
- Instructor: Chris Ferrell, Electrical Inspector
- Location: Renaissance Center Cafeteria

Beginning Heating Ventilation and Air Conditioning Certification Preparation

- 10 Weeks
- Fee: \$165
- Tuesdays 6:00pm - 9:00pm
- Instructor: Jim Dotson
- Location: Multipurpose Room, Renaissance Center
- There will be 2 more 10 week sessions following this class. Upon completion of all three sessions you will be prepared to take your certification test.
- Must have a minimum of 5 students, pre-registered.

CULTURAL/ARTS/CRAFTS

Card Making Workshop

- Thursday, November 10th
- 5:30pm
- Instructor: Vicki Patton
- Fee: \$10/includes materials
- Location: Lynn View Community Center

You will make 5 cards and take materials home to make additional 5 cards.

Fly Tying

- 8 weeks
- Tuesdays
- 6:00 p.m. - 8:00 p.m.
- Instructor: Joseph Aimetti
- Fee: \$10 plus supplies
- Supply list available at sign up
- Location: Lynn View Community Center

Learn to tie basic flies used in fly fishing. A more advanced class will be offered in the winter.

Learn how to make Cake Pops

- 2 hour workshop
- Monday
- October 3rd
- 6:00 p.m. - 8:00 p.m.
- Instructor: Holly Ralph, Owner of Sweet Creations
- Location: Renaissance Center
- Fee: \$15
- Minimum of 6 required for class
- Location: Kingsport Senior Center

French

- Saturdays (Begins September 17th)
- Time: 9:00am
- Location: Renaissance Center, Card Rm
- Fee:: \$30, please pay instructor, Fay Saffari

Couponing Group

- Ongoing
- No FEE
- Instructor/ Group Leader: Marlana Williams
- Location: Lynn View Community Center
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month/ Beginning October 10th 5:30 p.m.



HEALTH/EXERCISE

Personal Training with Chris or Tony

- Instructor: Chris Hicks /Tony Mays
- Available by the hour or as package
- Contact Chris (423-741-5643) or Tony (423—963-0653)

Beginning Golf

- Thursdays
- 6 weeks
- 5:30 p.m.
- Instructor: Wallace Ketron
- Fee: \$25

Zumba Fitness

6 weeks

- \$25 fee per session
- Instructor: Becky Lifford
- Location: Lynn View Community Center, Cafeteria
- Session 1 Begins September 15
- Session 2 Begins November 3

DANCE CLASSES

Beginning Line Dance

- 8 weeks
- Fee: \$25
- Instructor: Lyna Faye McConnell
- Thursdays, 6:30pm - 7:30pm
- Location: Lynn Garden Community Center

Trail Dance

- 8 week class
- Dates same as Line Dance
- Fee \$25 or free if you take Line Dance class
- Instructor: Lyna Faye McConnell
- Thursdays, 7:30pm - 8:30pm
- Location: Lynn Garden Community Center

Hula Dance

- 8 week class
- Fee: \$30
- Mondays, 5:30 PM
- Instructor: Tilini Miller
- Location: Renaissance Center

